

Name: _____

Period: _____

Dietary Guideline #5

Fats Study Guide

Directions: Fill in the information watching the PowerPoint presentation on Fats.

- Fats and _____ can be part of a _____ diet.
- The type of fat and how much will affect your _____ health.
- High intakes of the following types of fat can increase your risk for coronary heart disease:
 - _____ fats
 - _____ fats
 - Cholesterol (not fat, but a fat like substance.)
- These types of fats need to be listed on food _____ in Nutrition Facts.

Key Recommendations

- Keep total fat intake between 25-35% of total calories.
- Let most of the fats you eat be polyunsaturated and monounsaturated fats such as fish, _____ and _____ oils.

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Fat or Cholesterol Display Board Assignment

Directions: You will be making a display board of one of the following fats or types of cholesterol. Sketch out your board on a piece of plain type paper first and check it off with the teacher.

- Fats
- Trans Fats
- Saturated Fats
- Unsaturated Fats
- Polyunsaturated Fats
- Monounsaturated Fats
- Cholesterol
- LDL Cholesterol
- HDL Cholesterol
- Hidden Fats in Food
- Cholesterol in Food

Your display board must include:

*Title

*Facts about the certain type of fat or cholesterol.

*Examples of foods that contain that specific type of fat or cholesterol.

*The information on your poster must be grammatically and factually correct.

*Visuals, like butter flavored shortening in a plastic bag or food labels, are great!

Title	/20 pts.
Facts	/20 pts.
Examples of Foods	/20 pts.
Info Accurate	/20 pts.
Visuals	/20 pts.
Total	/100 pts.